

You can find this newsletter as well as Kincare newsletters from across the state at [www.211.idaho.gov](http://www.211.idaho.gov) and follow the Kincare link.



There is also other information pertinent to Kincare families; Such as legal resources, school information, and hot links. Take a look today!

## Southeastern Idaho Public Health

### Poison Awareness

Children ages 1- 3 are at highest risk of poisoning. Young children like to explore their worlds by putting things into their mouths, this is how they learn. Some things are poisonous if swallowed, come into contact with the skin or eyes or if inhaled. Most poisonings are caused by household products and medicines. Know the dangers!

### Poison Proof your home

- Never call medicine "candy" & Always lock up meds.
- Never store food and household products together,
- Do not keep detergents or cleaning supplies under the kitchen or bathroom sinks
- Test your home for lead & Install carbon monoxide detectors
- Keep plants out of children's reach

**Southeastern Idaho Public Health**

**1901 Alvin Ricken Dr. Pocatello, ID (208) 239-5256**

Area Agency on Aging  
214 E. Center  
Pocatello, ID 83201

Drum Roll Please!!!! The best coloring job by a youngster from March's newsletter goes to...

**Cami Peterson**

Entries voted on by moms, workers, volunteers & interns at the Dept of Health & Welfare.

## WE'RE HAVING A FUNDRAISER FIESTA!

Stop in! Have Fun! Raise Money!  
Thursday, 4/12/2012 5-7p.m.

Come in and support  
*Idaho Kinship Project*  
*Relatives As Parents*  
Present this flyer or mention  
the organization name and  
**50% of every purchase**  
will be donated back to  
the organization.  
**TACO JOHN'S**

**4050 YELLOWSTONE AVENUE, POCATELLO**

ORGANIZATION CANNOT PROMOTE FUNDRAISER TO CUSTOMERS AT TACO JOHN'S ON THE DAY OF THE EVENT

# Kincare Connection

*Southeast Idaho Relatives/Grandparents as Parents Newsletter*

Issue 12  
April 2012

### Support Groups:

**Kincare Support Group, Pocatello (PRIZES)**  
Meets: 403 N. Hayes  
Date: 5<sup>th</sup>, the 1<sup>st</sup> Thursday, Monthly  
When: 5:30-6:30 pm  
Discussion:  
Contact: Kassandra, 235-2809

**Kincare Eat and Educate Sessions, Fort Hall**  
Meets: Elderly Nutrition Dining Room  
Date: 4<sup>th</sup>, the 1<sup>st</sup> Wednesday, Monthly  
When: 5:30-6:15 pm  
Discussion: Child Protection  
Contact: Jami, 478-3858.

**Kincare Support Group, Blackfoot**  
Meets: 157 W. Sexton, Blackfoot Community Center.  
Due to no attendance, if interested in restarting a Blackfoot support group, please  
Contact: Kassandra, 235-2809



*Assistance. Advocacy. Answers on Aging.*

This newsletter brought to you by the Area Agency on Aging. For more information on services and resources offered at the AAA contact: Sandy at 233-4032 ext. 16



## Mental Health

*Do you have questions about Mental Health/Illnesses? How can you tell if a loved one who may have a Mental Illnesses and would like to get answers? How can you help?*

The Idaho Kinship Project understands Mental Illness is never as simple as just a person, a mood or a behavior. Numbers from the National Institute of Mental Health show that 32.4% or 75 million Americans will suffer from a mental disorder in 2012.

The Idaho Kinship Project and Kincare will host a free open panel discussion on Mental Illness. John Dickey from ISU Family Medicine Residency Program will be at hand to go over ages and guidelines, Linda Cantrell from Children's Mental Health will be answering for children's mental health & Kim Jardine from ISU Nursing will help answer questions for Mental Health with substance abuse. The presenters will provide basic information concerning what to look for in behaviors, ages and substances. Many families locally and all over Idaho experience the same anxiety, questions and concerns with Mental Illnesses.

The panel will be held on Thursday, April 5th, 2012 at 5:30 pm at 403 North Hayes (in the basement) with refreshments provided. If you know someone who is homeless and has a mental illness please contact Maggie Cash (PATH Peer Specialist) 208-241-5059.

Do you have email? In an effort to save money and resources we would like to email you this newsletter. Those **NEW** names on the email list by, March 23rd 2012 will be entered into a drawing to win a prize! Email [howardk2@dhw.idaho.gov](mailto:howardk2@dhw.idaho.gov) with your contact information and tell us to **add you to the list**, to be entered to win one Red Velvet box cake mix & crème cheese frosting. Don't forget to tell us to add you to the list.

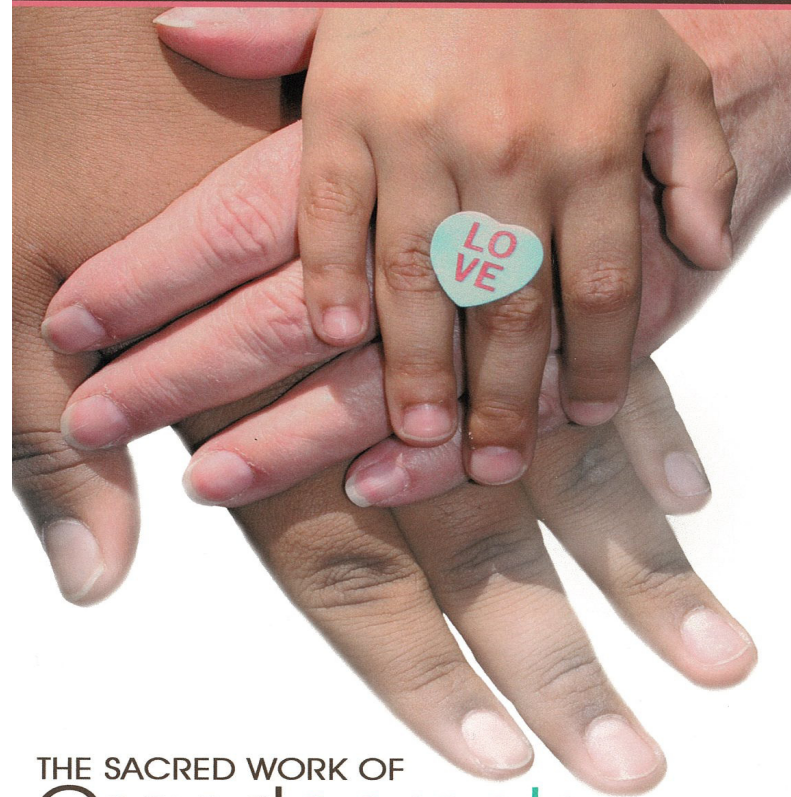


FREE EVENT

# Kincare Connection

## April Community Calendar

ELAINE K. WILLIAMS



THE SACRED WORK OF  
**Grandparents**  
RAISING **Grandchildren**

### Elaine K. Williams Idaho Tour

When: Friday, April 13<sup>th</sup>, 2012

Time: 12:00 pm

Where: Idaho State University  
1111 Martin Luther King Way  
Rendezvous Complex, Rm 111

Author of *"The Sacred Work of Grandparents Raising Grandchildren"* will give a guest presentation about relatives raising their relatives, and share helpful tips on raising relatives' children.

Hosted by:

Idaho State University - Department of Sociology, Social Work, and Criminal Justice and Idaho Department of Health and Welfare

### Support Groups Highlights:

In March's Tax Presentation our guest Delverne Fredricks from partners for prosperity has great pamphlets and flyers for Kincare families. Both are included in the Highlights section so we all have the resources to use later if need be.

For More information on Tax Credits & no-cost tax preparation sites: Contact Idaho careline representatives by calling 2-1-1.

### What Tax Credits Can You Claim?

The Earned Income Tax Credit and Child Tax Credit are refundable tax credits for eligible working individuals and families. If you qualify, you'll owe less in taxes and may even qualify for a cash refund. Even if you don't owe income tax you can still get the Earned Income Tax Credit, but you must file for the credits with your tax return! **These tax credits do not count as income in determining eligibility for public benefits like food stamps, SSI, TANF, Medicaid, & public housing.**

### Amend Previous Tax Returns

If you believe you may have qualified for the Earned Income Tax Credit in the past but did not apply for it, you may amend previous tax returns for the past two years to receive the tax credit refund.

**YOU EARNED IT!**  
**Earned Income Tax Credit**  
**It's YOURS**  
**Tax Preparation**  
**It's FREE**  
Call **2-1-1**  
[www.p4peid.org/cash](http://www.p4peid.org/cash)

### BOOST YOUR TAX REFUND

The Earned Income Tax Credit (EITC) and Child Tax Credit are refundable tax credits for eligible working individuals and families. You must file for the credits with your tax return! **These tax credits do not count as income in determining eligibility for public benefits like food stamps, SSI, Medicaid, TANF, and public housing.**

- Families with three or more qualifying children who earn less than \$43,998 (\$49,078 married filing jointly) **may qualify for a refund up to \$5,751.**
- Families with two qualifying children who earn less than \$40,964 (\$46,044 for married filing jointly) **may qualify for a refund up to \$5,112.**
- Families with one qualifying child who earn less than \$36,052 (\$41,132 married filing jointly) **may qualify for a refund up to \$3,094.**
- Workers between the ages of 25 and 64, without children who earn less than \$ 13,660 (\$18,740 married filing jointly) **may qualify for a refund up to \$464.**
- Families that earn more than \$3,000 may also be eligible for the Child Tax Credit, **up to \$1,000 for each qualifying child!**

### HOW TO APPLY

To file for the **Earned Income Tax Credit** with dependents, file federal tax Form 1040 or 1040A. For those with no dependents (single or married) use Form 1040EZ, if you're eligible to use this form. Attach Schedule EITC with your tax return.

To file for the Child Tax Credit, follow the same requirements stated above but attach Form 8812 with tax return.

### Need Help Filing Your Taxes?

No-fee tax preparation services are available in Idaho. The AARP Tax-Aide program trains volunteers to prepare federal and state tax returns for low- to moderate-income taxpayers.

### For Information Contact:

Call an Idaho Careline representative by calling 2-1-1, the call is free statewide or visit [www.p4peid.org/cash](http://www.p4peid.org/cash).



Sponsored by



- 1 **Pocatello Kincare Support Group 5:30pm @ 403 N. Hayes Ave.**
- 6 & 7 **1<sup>st</sup> Annual Baseball/Softball Equipment Swap.** Sandlot SE Idaho 1800 Garret Way. 6<sup>th</sup> 4:30-8pm, 7<sup>th</sup> 10-6pm. Sell or buy used baseball/softball equipment.
- 7 **Blackfoot Kincare Support Group, Blackfoot Community Center, 157 W Sexton Blackfoot.**
- 8 **Easter Sunday**
- 8 **Kincare Eat & Educate Sessions Fort Hall Elderly Nutrition Dining Room. Contact: Jamie Stevenson, 478-3858.**
- 9 **The Stand Up Economist**, ISU 7pm the Bilyeu Theatre @ Frazier Hall. Dr. Yoram Bauman, a well-known comedian has been featured on MSNBC & PBS. He specializes in jokes dealing with politics & economics. This educational event is **free** for under 18 & w/ a valid Bengal ID. \$5 for others.
- 12 **Taco John's Fundraiser Fiesta**, 5-7pm. Stop in! Raise Money! Present flyer or mention Idaho Kinship Project Relatives as Parents and **50% of every purchase** will be donated back to the Kinship Project to help support upcoming projects. **FLYER on back page of newsletter.**
- 13 **Elaine K. Williams Idaho Tour**, Author of "The Sacred Work of Grandparents Raising Grandchildren",
- 16 April Extravaganza Hairstyling Competition and Fashion show at 7pm, ISU Student Union Ballroom. \$5.00 per person, children under 5 free.
- 22 **Earth Day** is a **day** that is intended to inspire awareness and appreciation for the **Earth's** natural environment
- 21 **Portneuf Valley Environmental Fair**, Optimist Park by Pocatello City Hall. 11am-3pm FREE. dozens of free activities for kids, free food, and live music – it is also filled with adults and families who want to learn more about the Portneuf Valley and ways to conserve at home & pick up a free hotdog or Idaho baked potato.
- 24 **Community Document Shredding Event and BBQ**, 11:30-1pm @ Citizens Community Bank, 280 South Arthur
- 25 **Family Caregiver Support Group**, 5:30-6:30 Marshall Public Library.